

# UNIVERSAL ENERGY ARTS

|of Infinite Tai Chi, Chi Kung (Qigong), Yoga  
Healing Sounds, Meditation & **YOGICCHILD**



**Transform Your Life Forever and Be More Alive! with**

**Universal Energy Arts Academy**

**Training Programmes**

**Universal Energy Arts 1000** (360 Hour) Foundational and

**Universal Energy Arts 2000** (600 Hour) Advanced

**Universal Energy Arts™** are dedicated to the physical, emotional, mental, energetic and spiritual growth of all the children (young and old) of planet earth! They are the **Art and Science of Living** and concerned with the evolution of the mind, body and spirit of teacher and student. The core focus of this training is to become an Empowering, Joyful and Radiant Presence in the world, through the learning, practice and teaching of the Universal Energy Arts Curriculum.

**Universal Energy Arts™** will greatly expand the horizons of what you think is possible. The uniqueness of these particular Training Programmes is its emphasis on developing all aspects of our being: physical, energetic, emotional, mental and spiritual.

[www.UniversalEnergyArts.com](http://www.UniversalEnergyArts.com)

[www.YogiCho.com](http://www.YogiCho.com)

[www.YogiChild.com](http://www.YogiChild.com)

During our Workshops/Training Modules you will learn a wide range of Warm-up Exercises; Infinite Tai Chi Long Form (Stages 1-5); Chi Kung (Qi Gong) & Chi Yoga techniques including The Golden Sun, Butterfly Sweeping, 6 Healing Sounds, Spirals in the Air, Meridian Stretching, and Standing Like A Tree Chi Kung sequences.

**Universal Energy Arts™** aspires to embody the 8 Limbs of Yoga: we will teach you various techniques and practices based on the 8 Limbs of Yoga, including Meditation, Mindfulness, Japa/Chakra Chanting, and Deep Relaxation.



The **YogiChild™** Training Modules will include the **YogiChild™** 12 Directional Exercises, Tai Chi (Yin & Yang Style) Short Forms, 18 Healing Sounds Chi Kung, Golden Dragon Chi Kung, Meridian Tracing & Stretching Chi Yoga and Power Animal Forms. **YogiChild™** includes deep relaxation methods; focus and concentration techniques; visualisation, stories, music, percussion, rhythm, rhyme, song, dance, science and art. We encourage daily wholesome Exercise, good Food, Air, Water, Getting Back to Nature and Fun, Fun, Fun, Fun, Fun!!! The aim of **YogiChild™** is to keep young and not-so-young bodies strong and supple; to develop balance, attention and concentration; to stimulate latent creative abilities; to channel and direct emotional energies in constructive ways; to create a positive relationship with the environment and to help students deal with and heal with the World.

There are various approaches to the **Universal Energy Arts™** training programmes: it is possible to take the Workshops/Course module(s) solely for your own Personal and Spiritual Development or, alternately, you may take the **Universal Energy Arts™ 1000** Foundational training with the intention to qualify as a Tai Chi or YogiChild teacher. On successful graduation from **Universal Energy Arts™ 1000** Foundational training programme, students will be qualified to teach Tai Chi, Chi Kung/Qi Gong, Yoga, Meditation and/or YogiChild to the general public.

[www.UniversalEnergyArts.com](http://www.UniversalEnergyArts.com)

[www.YogiCho.com](http://www.YogiCho.com)

[www.YogiChild.com](http://www.YogiChild.com)

The **Universal Energy Arts™** are wholesome disciplines for perfect harmony in life, wherein lies all our joy, happiness, health, abundance, compassion and love. The techniques we teach will help to activate the body's natural ability to heal itself, to release blocked energy, to cleanse the body of toxins and strengthen the practitioner's physical and energetic systems. Some of the numerous benefits from the practice of these ancient arts are inner joy, rejuvenation, longevity, natural health and balance, and inner strength.

*Transform Your Life Forever & Be More Alive - Cultivate a Vibrant Physical Body, a Pure Loving Heart and an Open Creative Mind with the **Universal Energy Arts™** Training Programmes.*

*Our Student-friendly, Module-based, Pay-As-You-Go Training Programmes allow you up to 5 years to complete your studies and to cover the practical aspects of teaching the **Universal Energy Arts™** Curriculum.*

**Universal Energy Arts™ 1000 hours Foundational Programme** includes 360 hours of Lead Trainer Contact and 640 hours of self-practice. Each 2-day Training Module consists of 12 hours of contact hours with our Lead Trainer(s). It may, therefore, be possible to complete the **Universal Energy Arts™ 1000** Foundational Programme in a minimum of 2 years (with an average self-practice of 1 hour per day plus attendance of 30 x 2-day modules, totaling 360 hours).

***Certification is subject to successfully passing both practical and written assessments.***

## **UNIVERSAL ENERGY ARTS™ OR YOGICCHILD™ TEACHER TRAINING REQUIREMENTS**

The following groups describe the Training Requirements to become a Registered **Universal Energy Arts™** or **YogiChild™** Teacher, within the 360(1000)-hour Foundational and 600(2000)-hour Advanced Programmes. The 1000 hour Foundational training programme should adequately prepare our students to teach, and will incorporate training hours in the following educational categories:

1. Techniques, Training and Practice: 900 hours Foundational, 1800 hours Advanced

**Minimum contact hours with Lead Trainer(s): 300 hours Foundational, 520 hours Advanced**

This category includes: Infinite Tai Chi Long Form (Stages 1-5), **YogiChild™** 12 Directions, **YogiChild™** Tai Chi (Yin & Yang Style) Short Forms, Power Animal Forms, 18 Healing Sounds, Golden Sun Chi Kung, Golden Dragon Chi Kung, Butterfly Sweeps Chi Kung, Standing Like a Tree Chi Kung, Spirals in the Air Chi Kung, Meridian Stretching Chi Yoga, Meridian Tracing Chi Kung, Asana, Pranayama, Mudra, Bhandas, Kriyas, Chanting, Yantra, Mantra, Tantra, Meditation and other traditional Yogic, Tantric and Taoist techniques. These hours will be a combination of guided practice of the techniques themselves and analytical training on how to teach and practice the techniques.

[www.UniversalEnergyArts.com](http://www.UniversalEnergyArts.com)

[www.YogiCho.com](http://www.YogiCho.com)

[www.YogiChild.com](http://www.YogiChild.com)

## 2. Teaching Methodology: 25 hours

**Minimum contact hours with Lead Trainer(s): 20 hours Foundational, 30 hours Advanced**

*Special Requirement:* A maximum of 5 of the above hours may be counted on the subject of the Business aspects.

Topics in this category could include, but may not be limited to:

- Communication skills such as group dynamics, time management, and the establishment of priorities and boundaries
- How to address the specific needs of individuals and special populations, to the degree possible in a group setting
- Principles of demonstration, observation, assisting and correcting
- Teaching styles
- Qualities and Presence of a teacher
- The student learning process
- Business aspects of our teaching (including marketing and legal)

The Teaching Methodology category covers a broad overview and analysis of teaching methods, rather than how to practice or teach specific techniques. (See the example topics below to help clarify the differences between the Techniques, Training and Practice category and the Teaching Methodology category)

<b>Example Techniques, Training and Practice Topics</b>	<b>Example Teaching Methodology Topics</b>
<p>Infinite Tai Chi Long Form (Stages 1-5), <b>YogiChild™</b> 12 Directions, <b>YogiChild™</b> Tai Chi (Yin &amp; Yang Style) Short Forms and Power Animal Forms. 18 Healing Sounds Chi Kung/Qi Gong, Golden Sun Chi Kung, Golden Dragon Chi Kung, Standing Like a Tree Chi Kung, Meridian Stretching, Meridian Tracing Chi Kung, Butterfly Sweeps, Spirals in the Air.</p> <p>Practice and learn poses in each of the 5 Categories of Yoga Asana (standing poses, forward bends, backbends, twists, and inversions)</p>	<p>Principles of Demonstrating: Discuss how effective demonstrations in class can help emphasize an alignment or other focus for the specific technique or sequence of movements.</p> <p>Learning Modalities: identifying your dominant style, and learning how to teach based on others' learning styles</p> <p>Use of Teacher Presence: Discussion of active vs. passive language and the effective use of each. Positive and conscious communication, and habitual speech and communication patterns</p>

[www.UniversalEnergyArts.com](http://www.UniversalEnergyArts.com)

[www.YogiCho.com](http://www.YogiCho.com)

[www.YogiChild.com](http://www.YogiChild.com)

### 3. Energy Channels, Anatomy and Physiology: 30 hours

**Minimum contact hours with Lead Trainer(s): 20 hours Foundational, 20 hours Advanced**

Topics in this category will include:

- Human Energy Anatomy and Physiology (Chakras, Nadis, Meridians etc)
- Concepts of Tai Chi - Yin & Yang, overview of TCM 5 Element Theory, Taoist/Chinese Elements
- Physical Anatomy and Physiology (bodily systems, organs etc.)
- Practical application to Chi Kung/Qi Gong/Yoga (benefits, contraindications, healthy movement patterns, etc.)

### 4. Yogic & Taoist Philosophy, Lifestyle and Ethics for **Universal Energy Arts™** & **YogiChild™** Teachers: 30 hours

**Minimum contact hours with Lead Trainer(s): 10 hours Foundational, 20 hours Advanced**

*Special Requirements:* A minimum of 2 of the above contact hours must be spent on Ethics for **Universal Energy Arts™** & **YogiChild™** Teachers.

Topics in this category could include, but would not be limited to:

- The study of Yogic & Taoist philosophies, traditional and contemporary texts (such as the Tao Te Ching, I Ching, Be More Alive - The YogiCho Way, The Golden Dragons & The Wish-Fulfilling Jewel )
- Yogic lifestyle, such as the precept of non-violence (ahimsa), and the concepts of dharma and karma
- Ethics for **Universal Energy Arts™** & **YogiChild™** teachers, such as those involving teacher – student relationships and community
- Understanding the value of teaching the **Universal Energy Arts™** & **YogiChild™** as a service and being of service to others

### 5. Practicum: 15 hours

**Minimum contact hours with Lead Trainer(s): 10 hours Foundational, 10 hours Advanced**

Topics in this category include:

- Practice teaching as the lead instructor (does not include assisting, observing or giving feedback)
- Receiving and giving feedback
- Observing others teaching\*\*
- Assisting students while someone else is teaching

[www.UniversalEnergyArts.com](http://www.UniversalEnergyArts.com)

[www.YogiCho.com](http://www.YogiCho.com)

[www.YogiChild.com](http://www.YogiChild.com)

---

## **UNIVERSAL ENERGY ARTS™ ACADEMY - TRAINING PROGRAMMES**

### ***TOTAL HOURS***

#### **FOUNDATIONAL TRAINING: 1000 hours**

Total minimum contact hours with Lead Trainer(s): 360 hours

#### **ADVANCED TRAINING: 2000 hours**

Total minimum contact hours with Lead Trainer(s): 600 hours